Navy Marine Corps 2004 Great American Smoke Out Day

GASO Activities

- **Each base plans for their respective Smoke Out awareness, education and intervention programs**
- **Goal is to promote Tobacco Cessation!**

Bremerton

- **Distributed Quit Kits to regional medical/dental clinics**
- **Sponsored area Command Poster display contest**
- **Tobacco Awareness program at Youth Services**
- **Facilitated community Tobacco Summit with American Lung Association and county health**
- **New motto- “The only thing we smoke in the Pacific Northwest is salmon”**

NAS Jacksonville

- **Turkey Trot 5K Run**
- **Information and education booths and a health fair “The Butt Stops Here” held at various commands, Exchange, and Galley during the GASO week**
- **CO & blood pressure checks and turkey raffle**
- **Group hypnosis treatment for quitting smoking at wellness center**

Wellness Center “Tobacco Fair” campsite
HM2 Burgos & LCDR Knight, Wellness Center

Wellness Center “Tobacco Fair” campsite – computer video Interaction provided for participants!

NAS LeMoore

- **Adopt a Smoker with American Cancer Society**
- **Fun Run Walk**
- **Educational Event for 4th and 5th Graders- with speakers, booths, &**

  DJ and tobacco trivia

NAS Keflavik

- **Stop Smoking Kits provided at display tables at Mini Mart**
- **Provided information sessions at quarters of major tenant commands on base**

Annapolis

- **Partnering with Midshipmen Alcohol Drug Education Officer for Right Spirit Wellness in Navy (WIN) Week**
  - **Different focus each day- Nutrition, Tobacco, Alcohol/Drugs, Sexual Health**
- **Guest speaker on Tobacco with various groups**
- **Manned tables and displays at Medical Clinic, Exchange and Dahlgren Hall**
- **Adopt a Smoker Program**
- **Fun Run**

Navy Region Midwest, Great Lakes

- **Manned awareness stations and displays around base.**

- **Key messages for students to <u>prevent</u> tobacco use initiation – “*Save money*” & “*There’s no easy remedy for quitting*.”**
- **Cessation voucher for quitters to bring to clinic. These will show determination level of quitter, a self-drafted quit plan, and help tally the quit attempts resulting from GAS.**

Quantico

- **A Smoke Out Workout for commands!**
- **Developed plan to close all smoking areas for the GASO!**
- **Information booths & guess the # of butts in a jar with prize at various commands during the week**
- **Ciggy Butz appearances at base schools**
- **Pass out information packets at Base gates**

Camp LeJeune

- **GASO Sunrise Work Out!**
- **Displays at Exchange, Base Schools & Hospital**
- **Educational lectures at schools**
- **Poster contest at Elementary school**
- **Base newspaper articles**

MCAS Yuma

- **Partnership with MCCS!**
- **Base wide intense GASO Work Out - “Kick the Habit Cardio Box Challenge”!**
- **Tobacco displays and “sign up to give it up” was at work out area, enlisted and officer’s clubs, chow hall, convenience stores**

More GASO Highlights

- **Command Formation Run & displays at New Orleans**
- **Wellness Wednesday booth at gym & GASO Scavenger Run at MCAS Yuma**
- **Tobacco Awareness Health Fair & Cold Turkey Trot 5K Run at NMC San Diego**

More GASO Highlights

- **Blow Bubbles Not Smoke activities at all Groton base child care facilities**
- **GASO Turkey dinner served in NMCP Galley**